Glove Monster

Kit contains:

- 1 plastic glove
- 1 straw
- 1 cup
- 1 rubber band
- monster eyes
- tissue paper
- red & white scrap paper

You will need: scissors, glue, a sharp pencil or nail, and coloring supplies.

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INSTRUCTIONS

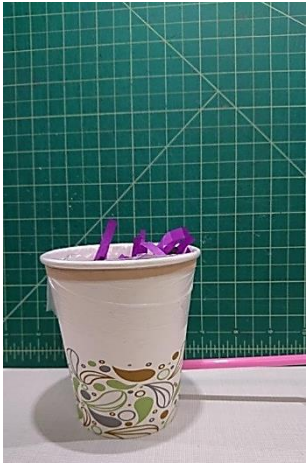
Step 1. Stretch the opening of the glove over the rim of the cup. Rubber band in place.

Step 2. Use a sharp pencil or nail to poke a hole in the cup near the bottom. Slide the straw into the hole.

Step 3. Transform the plain glove into a monster. Glue on eyes and a scary mouth. Add tissue paper and color as desired.

STAGE A SCARE!

Start with your glove monster stuffed into the cup. Blow air into the straw to inflate your monster and make it rise eerily out of its lair. Reverse! Use the straw to suck the air out of the monster, and it will creep back into the cup.



LUNGS AT WORK

Respiration (a.k.a., breathing) is the process by which we take oxygen into our bodies and expel the carbon dioxide.

When you inflated your monster, you blew the air from your lungs through the straw into the cup and the glove. Together, the cup and the glove (filled to the wrist) have a capacity of about 1.2 liters.

Your lungs grow to full size between the ages of 20 and 25. At this point, the average person has a total lung capacity of about 6 liters.

Doctors can use a **spirometry** test to measure how much air you can breathe in and out of your lungs. You can see how it works here: https://kidshealth.org/en/kids/lungs.html.

(Additional source: https://www.lung.org/lung-health-diseases/how-lungs-work/lung-capacity-and-aging)